Spirit & Soul

It has been an evolutionary process.

There is history with a taboo subject I don't share openly, Catholicism, Born-Again Christian ultra-right wing political view.

Something wasn't working, I put it on the shelf, quested truth.

Big huge shifts.

In the flow of the now I have this sense that the lease was extended on the body I live in, and a sense that it is a sacred temple. Before this episode, I definitely wasn't very "aware" of my aches and pains, and my body in general, unless it related to dancing.

In the flow of the now I have a new recipe for being present.

Gratitude + Grace = Balanced Flow

When I find myself ahead thinking, I pause, and tell myself - you are thinking ahead.

The same thing with the past.

I lovingly draw myself back to the present.

I am aware of inner dimensions that need sorting, when I asked, what's up, why? Had a few revelations.

a. extreme trauma damages not only the body, but the spirt/soul. I have made good progress over the past 22 years mending the physical body, but I have not paused to consider how to heal the other bodies: emotional body, pain body, spirit body, soul body. I am asking the universe "how" - "how is this mended?"

b. my soul grief that my partner "competes" in the same arena. I generally don't compete with women, but it has been difficult for him to move from the field of music into my realm as a choreographer and a visual artists. I am working on reframing this and owning that he is now embracing his multi-faceted way, and there is room for both of us.

c. When I am critical this is an expression of deep self loathing that still needs healing. I stop myself when I am critical, and focus on giving myself and the aspects that need this, love

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d. my bread and butter gig is a very toxic environment, and the toxicity effects my body. I am now open to evolving into something new, and if I need to go back a bit, to find ways to protect myself.

I had some very wonderful recent awareness expansion in relation to several things that I look forwards to fleshing out in writing:

The nature of creative genius - and how I haven't seen this is a part of who I am - describing this and helping others to tap into their genius

The extreme trauma survivor pain scale

The nature of the cosmos/source/creative flow

The broken nature of the health care system reflection the broken nature of the society in which we live, and ideas on how to navigate it, and ideas for working towards change